A close-up photograph of a crab on a sandy beach. The crab is reddish-brown and is positioned in the center of the frame. The background is a light-colored, textured sand surface. The crab's legs are spread out, and its body is slightly elevated from the sand.

# **CANCER**

## **INTRODUCTION TO BIOLOGY & TUMOR SPREAD**

Dr. Gary Mumaugh  
Bethel University

- Even though there are many types of cancers (over 200) – they are essentially cells dividing abnormally.
- Cancer could be defined as out-of-control cell growth.
- The normal cell division and growth in the body are accelerated and new tissue is formed.
- **Neoplasm – new growth**
  - **Excessive multiplication of cells in a part of the body**
- Primary site – original site of the tumor
  - kidney, prostate, breast, GI, cervix, ovary
- Secondary site – site that metastasizes to

- In normal physiology there are mechanisms which regulate cell division and the generation of new tissues.
- If these physiological mechanisms fail for any reason, cells will multiple at an increased rate.
- This will result in the presence of a greater number of cells.
- These cells take up space and usually form space occupying lumps or tumors.
  - Tumors can be benign or malignant

# Different Kinds of Cancer

*Some common carcinomas:*

Lung

Breast (women)

Colon

Bladder

Prostate (men)

*Leukemias:*

Bloodstream

*Lymphomas:*

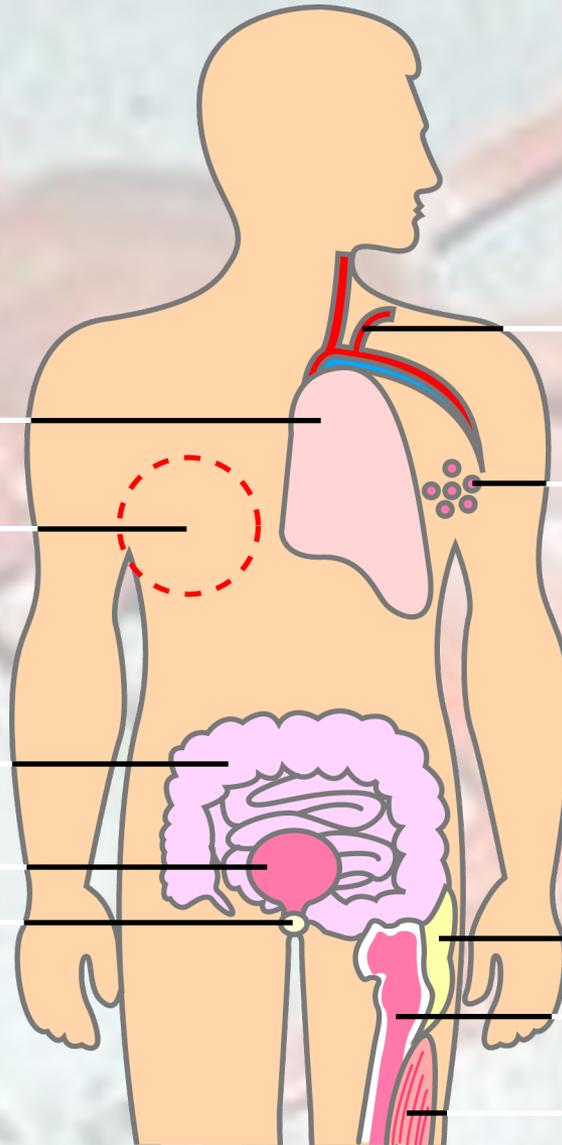
Lymph nodes

*Some common sarcomas:*

Fat

Bone

Muscle



- **Carcinomas**

- Most common types of cancer, arise from the cells that cover external and internal body surfaces.
- Lung, breast, and colon are the most frequent cancers of this type in the United States.

- **Sarcomas**

- Cancers arising from cells found in the supporting tissues of the body such as bone, cartilage, fat, connective tissue, and muscle.

- **Lymphomas**

- Cancers that arise in the lymph nodes and tissues of the body's immune system.

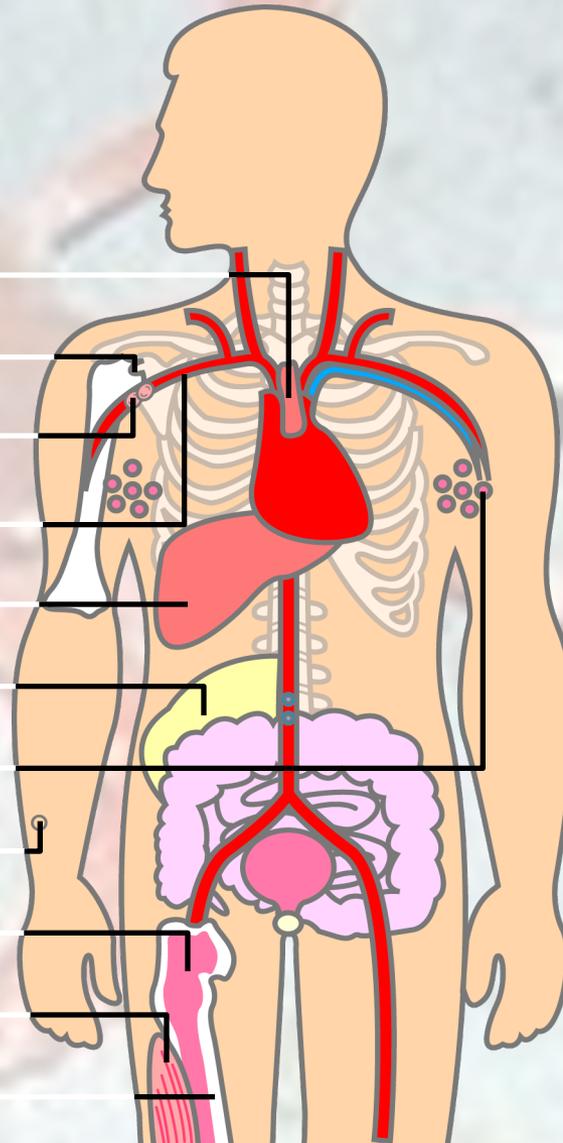
- **Leukemias**

- Cancers of the immature blood cells that grow in the bone marrow and tend to accumulate in large numbers in the bloodstream.

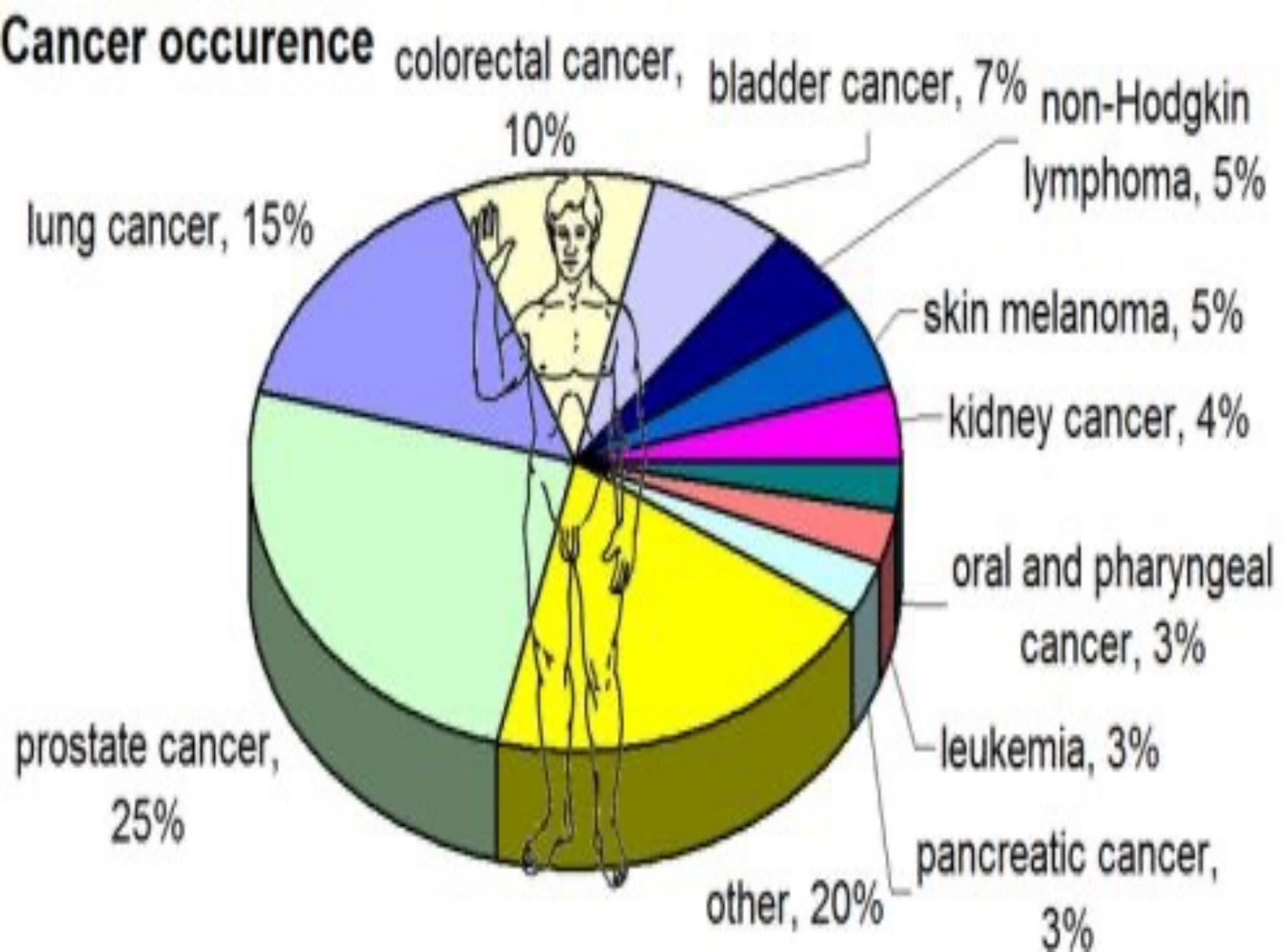
# Naming Cancers

## Cancer Prefixes Point to Location

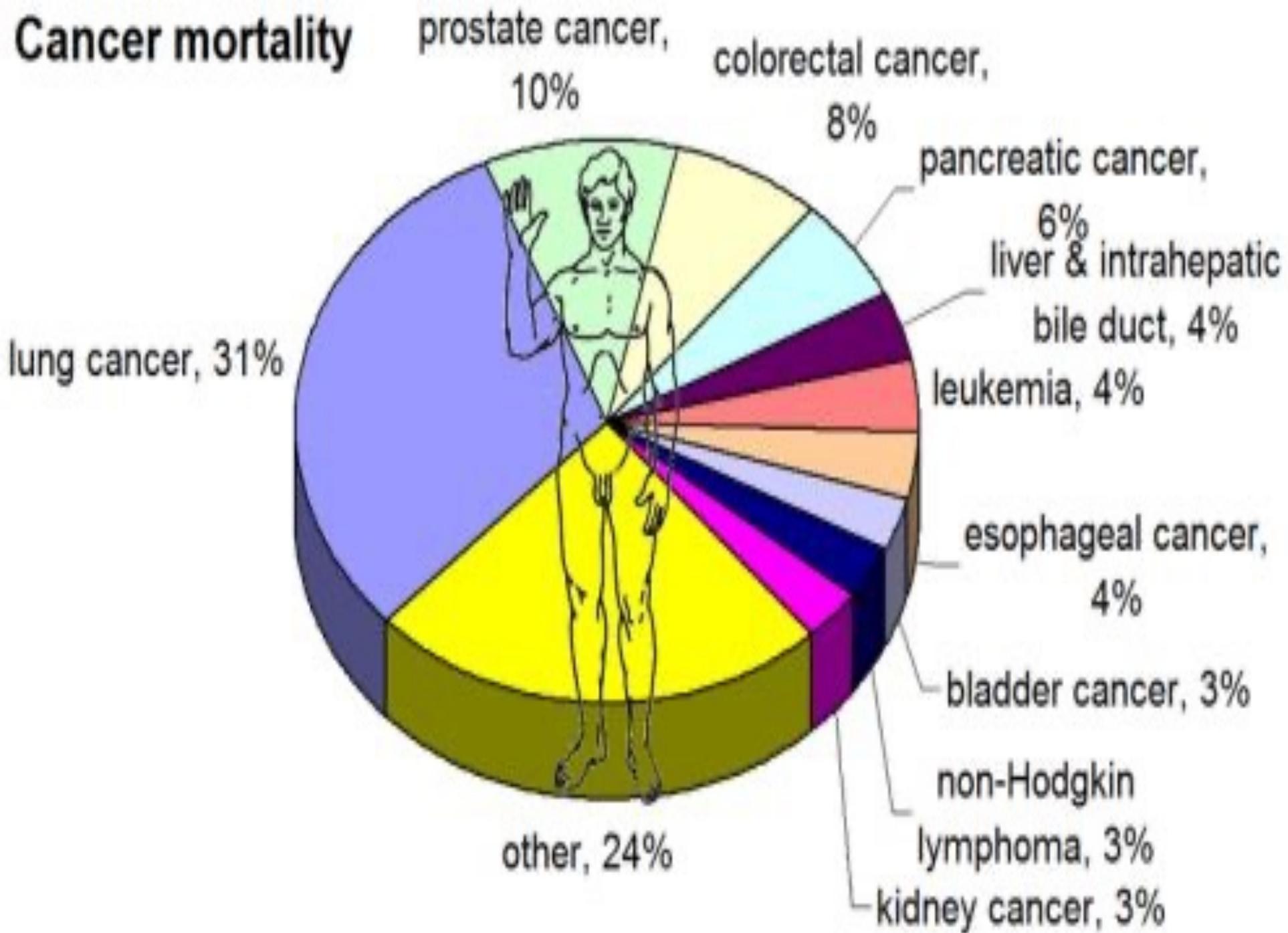
<i>Prefix</i>	<i>Meaning</i>
adeno-	gland
chondro-	cartilage
erythro-	red blood cell
hemangio-	blood vessels
hepato-	liver
lipo-	fat
lympho-	lymphocyte
melano-	pigment cell
myelo-	bone marrow
myo-	muscle
osteo-	bone



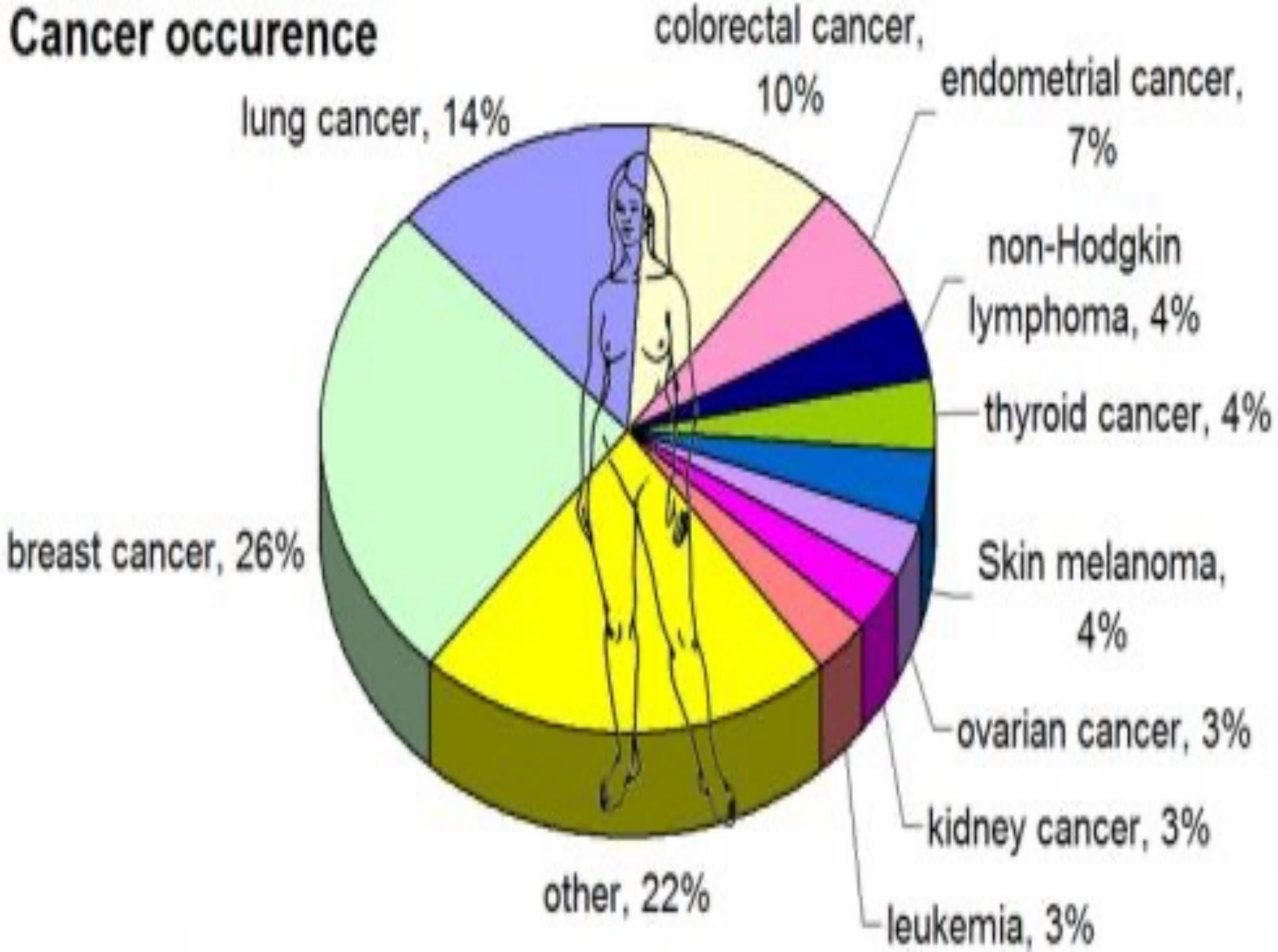
# Cancer occurrence



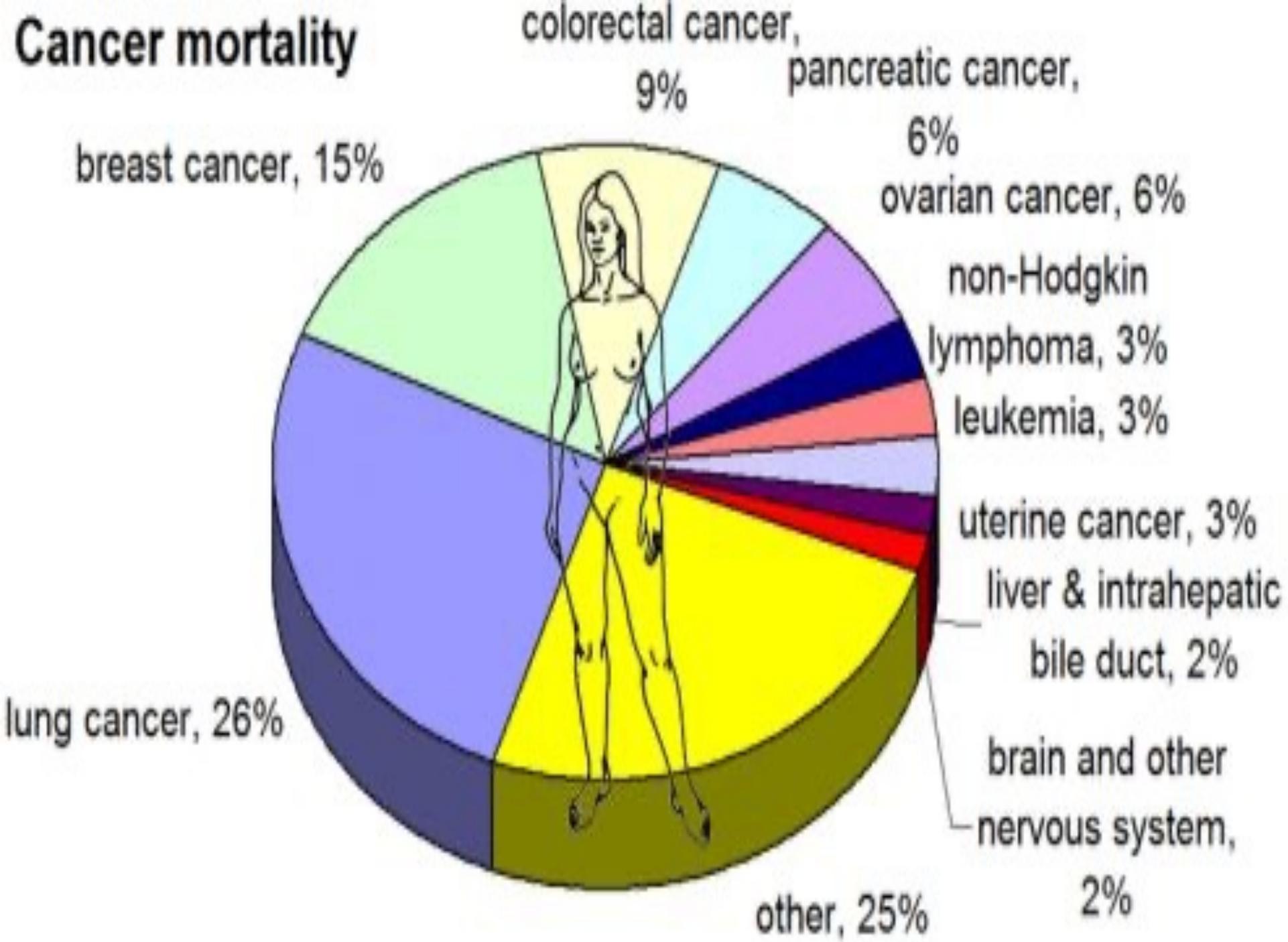
# Cancer mortality



# Cancer occurrence



# Cancer mortality



# Reasons for increased incidence

- Increased environmental toxins
  - Over 100,000 new chemicals in the past century
- Radiation from sun, x-rays and nuclear waste
- Sedentary society
- Poor dietary habits
- Smoking effects
  - 400,000 deaths per year in the USA are directly related
- Alcohol abuse
- Increased incidence of STD
- Stress and personality factors
- Longer life-spans mean longer exposures
- Electromagnetic fields

# Types of Cancer

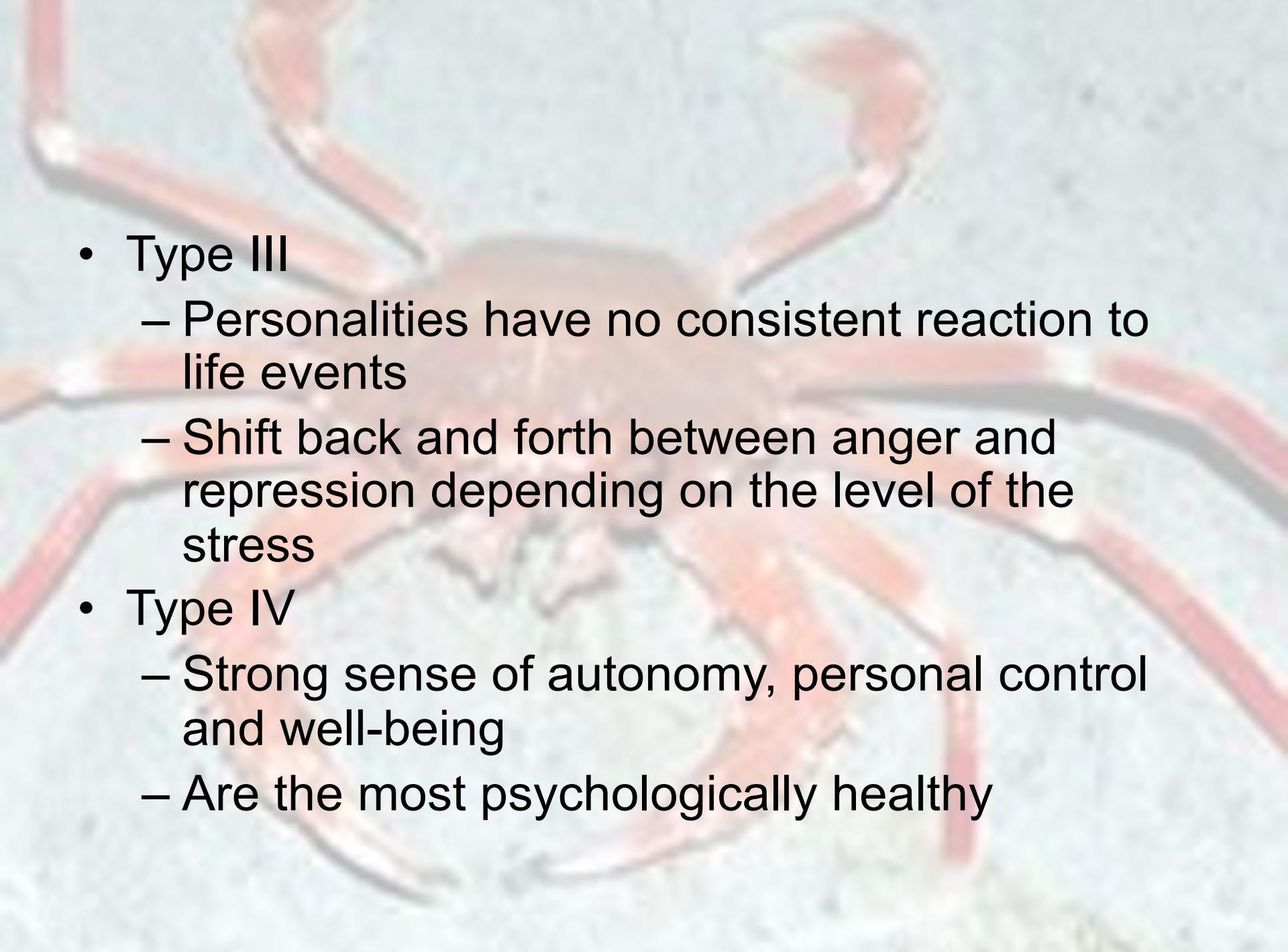
- **Carcinomas** are cancers of the cells that line the inner and outer surfaces of the body – 86%
- **Sarcomas** are cancers of the cells in connective tissue – in muscles, bones, cartilage, fat, fibrous tissue, synovial tissue – 2%
- **Leukemias** - cancers of the white blood cells – 7%
- Misc. cancers are of the endocrine glands, sense organs, brain, nervous tissue – 5%

# Most Common USA Cancers

- Skin cancer – 600,000 new cases per year
- Breast cancer – 200,000 new cases
  - 87% five year survival rate
- Lung cancer – 170,000 new cases
  - 12% five year survival rate
- Colon and rectal cancer – 160,000 new cases
  - 70% five year survival rate
- Prostate cancer – 130,000 new cases
  - 70% five year survival rate
- Cervical and uterine cancer – 100,000 new cases
  - 50% carcinoma insitu, 50% invasive cervical and uterine cancer

# Four Personality Types & Cancers

- Psychological and personality factors
- Type I
  - Very controlled, rational and non-emotional approach to life events
  - When stressed, they do not express feelings like anger or fear
  - This is the cancer prone personality
- Type II
  - React to stress with anger, frustration and aggression
  - Do not handle stress well

- 
- Type III
    - Personalities have no consistent reaction to life events
    - Shift back and forth between anger and repression depending on the level of the stress
  - Type IV
    - Strong sense of autonomy, personal control and well-being
    - Are the most psychologically healthy

# Effects of the Personality Types

- Type I – 45% died of cancer
  - Few died of heart disease
- Type II – 5% of those who passed away died of cancer
  - Most died of heart disease
- Type III – 5% died of cancer
- Type IV – 2.5% of those died of cancer
- Conclusion was that things can happen inside of people who repress their true feelings about life that may prove to be cancer-prone

# The Cytology of Cancer Development

- Cancer cells develop from normal cells through a process called transformation
- 1<sup>st</sup> step – initiation
  - Normal cells undergo genetic changes which can be caused by environment, behavior, personality, stress
- 2<sup>nd</sup> step – promotion
  - Often due to the loss of a suppressor gene, which causes the promotion of initiation cells to form cancer cells
- 3<sup>rd</sup> step – immune system failure
  - In this final step, the immune system fails to destroy the newly-formed cancer cell

# Cancer Epidemiology

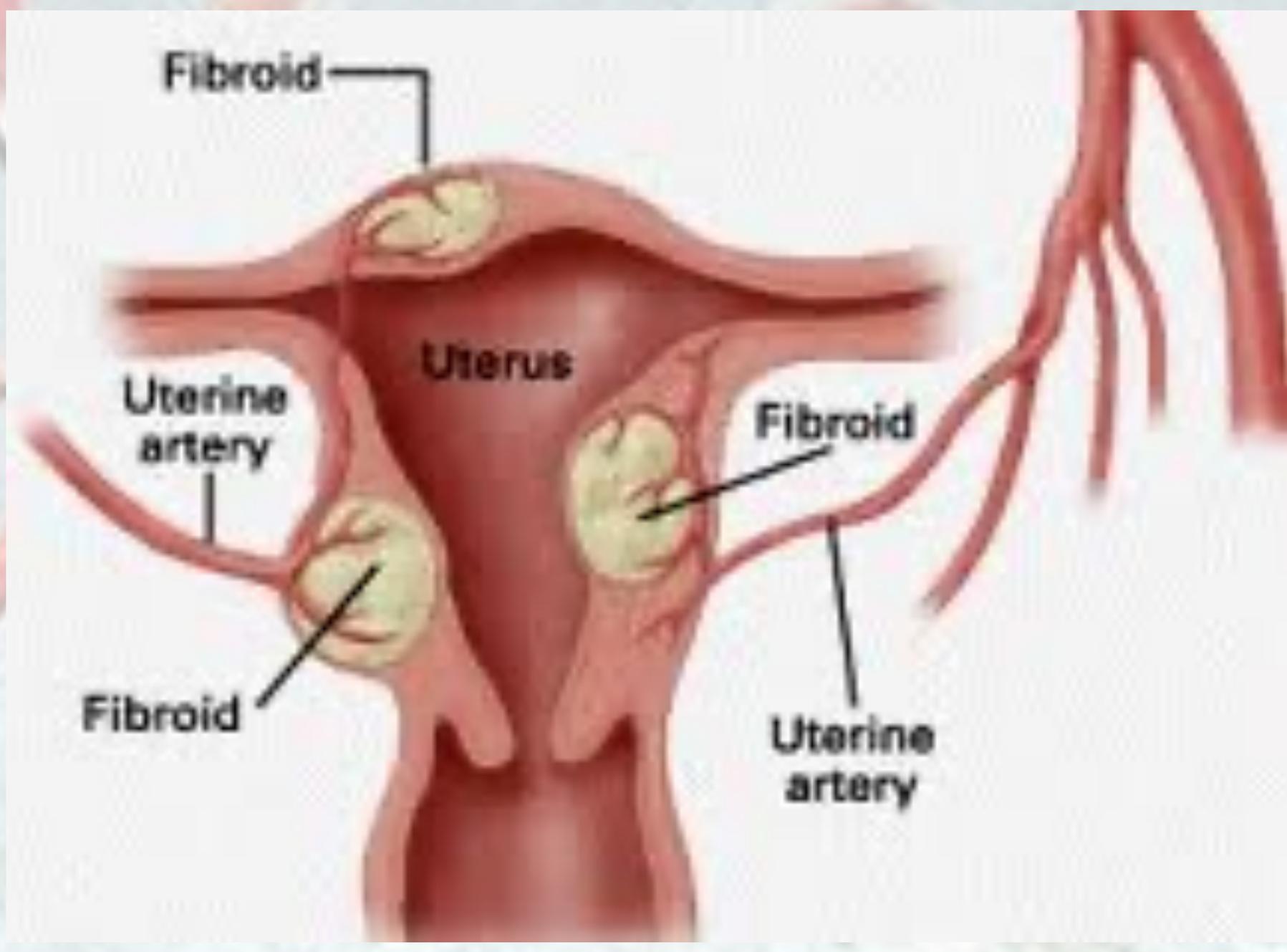
- 1.3 million new cases per year
- 600,000 deaths per year
- 1:2 men and 1:3 females
- Big four (lung, breast, prostate, colorectal) cause 55% of all cancers and all cancer deaths
- Lung cancer has increased 25X in the last century
- Prostate, breast and colon cancer are more common in the USA than Asia or Africa
- Bladder, liver and bile duct cancer are more common in Africa and Asia due to parasites

# Benign Tumors

- Grows locally, does not spread.
- The growth rate is usually very slow.
  - Growth is usually spherical and rounded.
- They do not invade tissue, but they can put pressure on local tissue.
- The well defined borders make them easy to excise and remove.
- Rarely have systemic effects.



AW, DON'T STOP  
THE BELLY RUB!  
IT'S JUST A  
BENIGN TUMOR.



Fibroid

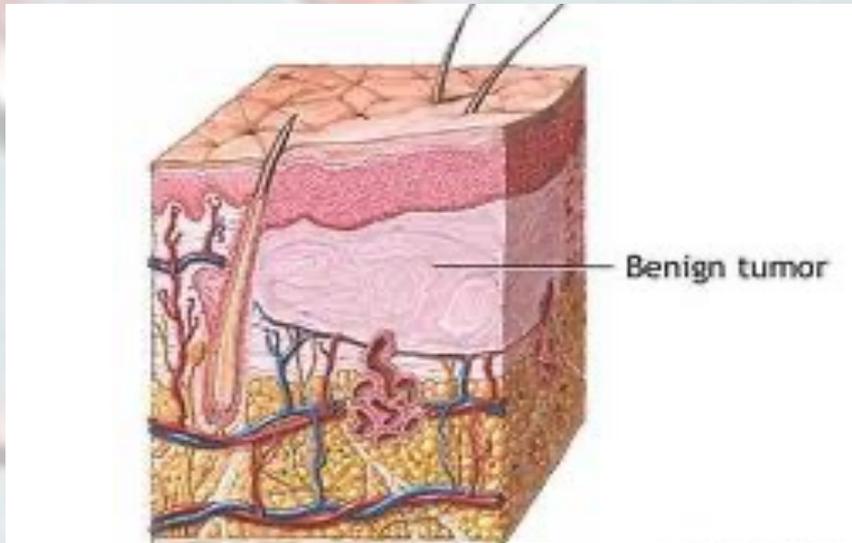
Uterus

Uterine artery

Fibroid

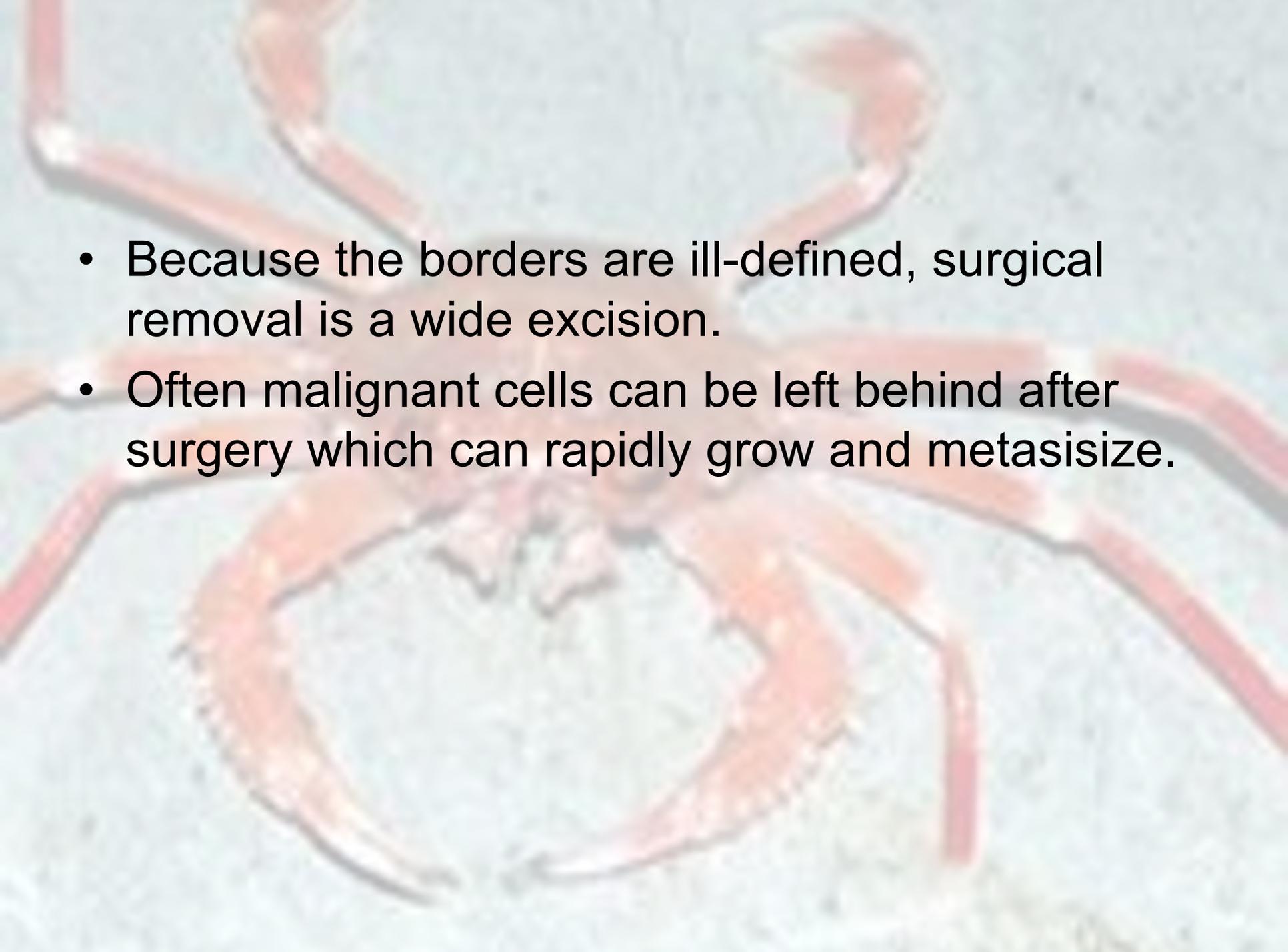
Fibroid

Uterine artery

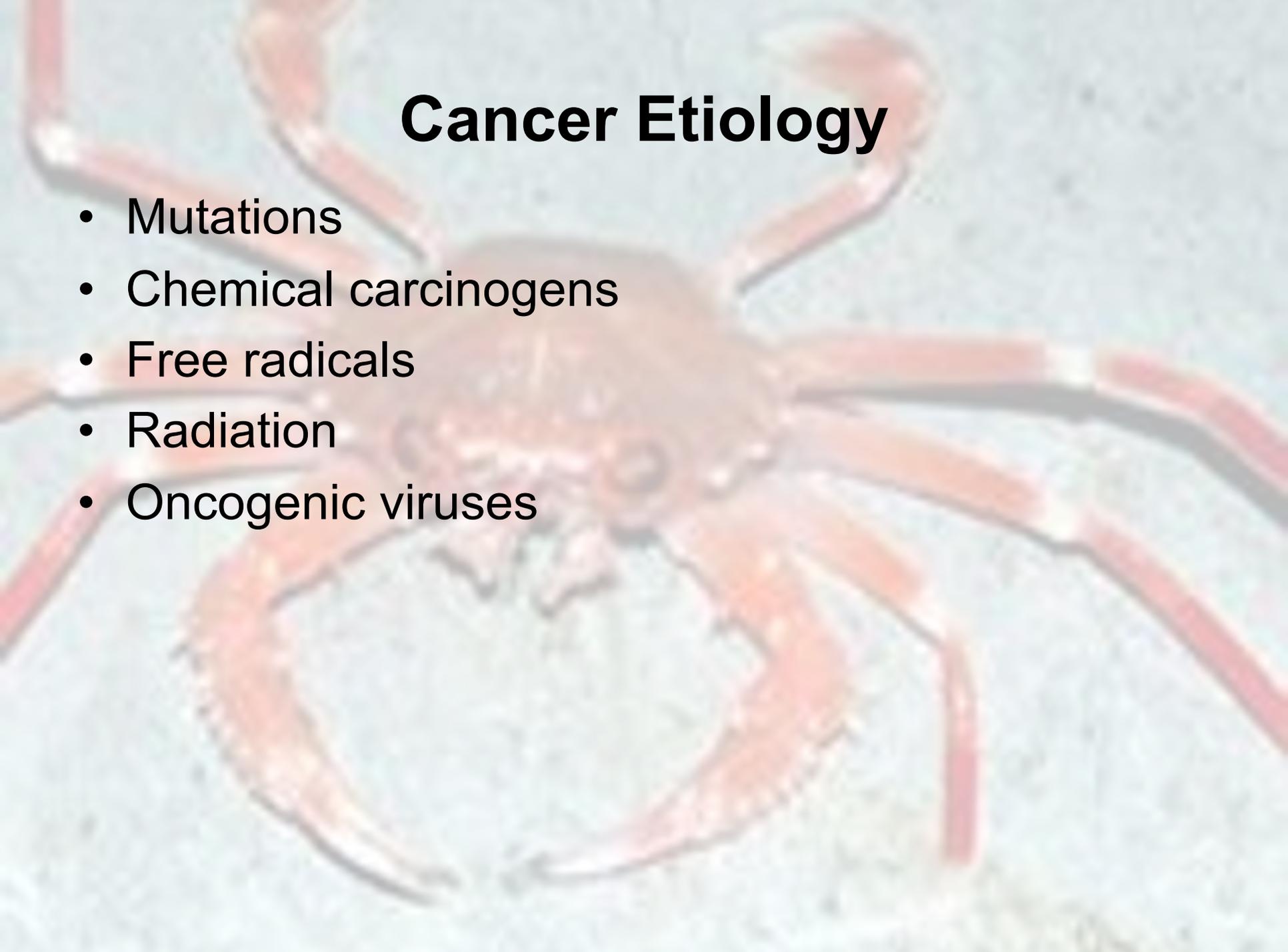


# Malignant Tumor

- Spreads and grows to other parts of the body.
- The growth rate is usually very fast. The metabolic rate is very fast.
- They invade and penetrate local tissues.
- They stop making adhesion molecules, which is how cells stick together. Without these molecules, the malignant cells easily move and float away.
  - into blood, lymphatics and body cavities

- 
- A photograph of a crab with a large, reddish, irregularly shaped tumor on its back. The tumor is the central focus, appearing as a large, fleshy, and somewhat lobed mass. The crab's legs and shell are visible in the background, but they are out of focus. The background is a light, textured surface.
- Because the borders are ill-defined, surgical removal is a wide excision.
  - Often malignant cells can be left behind after surgery which can rapidly grow and metastasize.

# Cancer Etiology

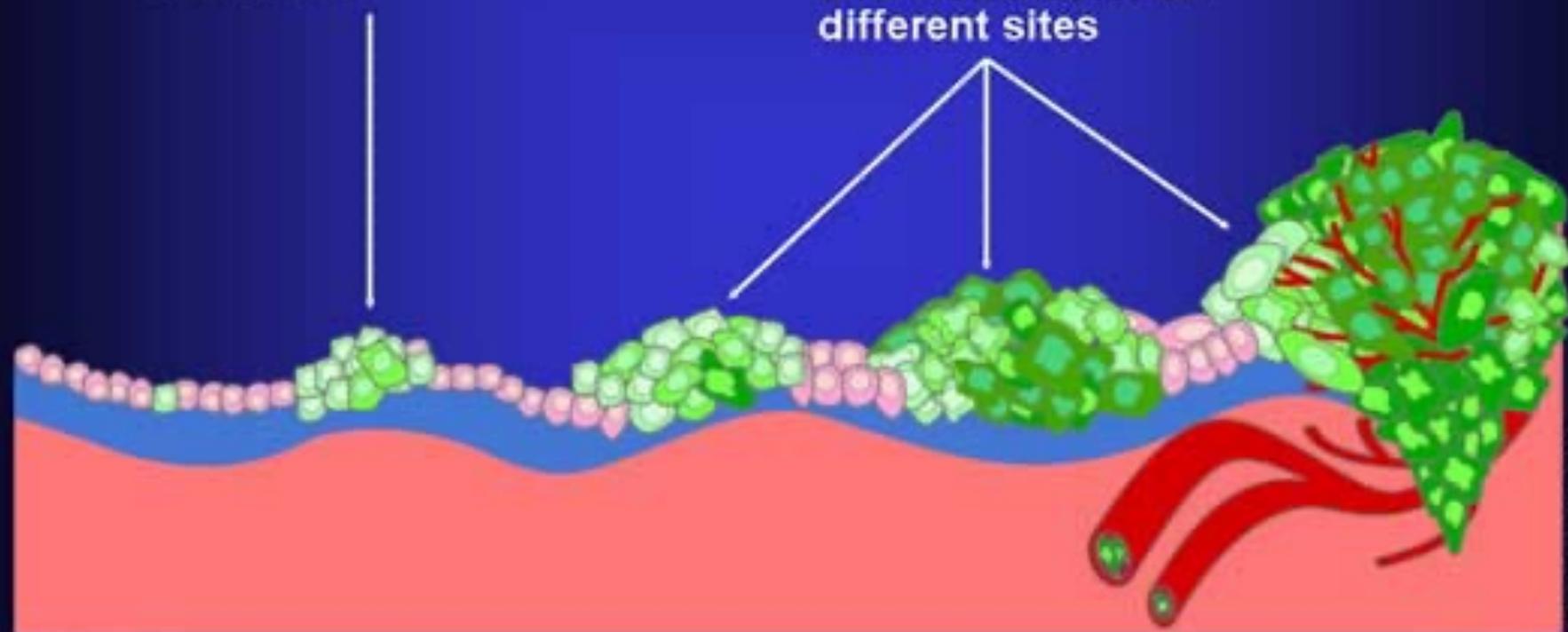


- Mutations
- Chemical carcinogens
- Free radicals
- Radiation
- Oncogenic viruses

# Malignant versus Benign Tumors

Benign (not cancer)  
tumor cells grow  
only locally and cannot  
spread by invasion or  
metastasis

Malignant (cancer)  
cells invade  
neighboring tissues,  
enter blood vessels,  
and metastasize to  
different sites



Time

# Cancer Etiology

- **Mutations**

- Any alteration in the cell's genetic material
  - IE – cancer is a genetic disease, not from inheritance, but from the cell's genetic code
- Something goes wrong in the cell which causes a hyperplasia
- Many neoplasms develop from a single mutated cell
- When the genetic material is damaged, cells normally die
- Some mutations arise from oncogenes
- Other mutations arise in genes that inhibit cell division called tumor suppressor genes

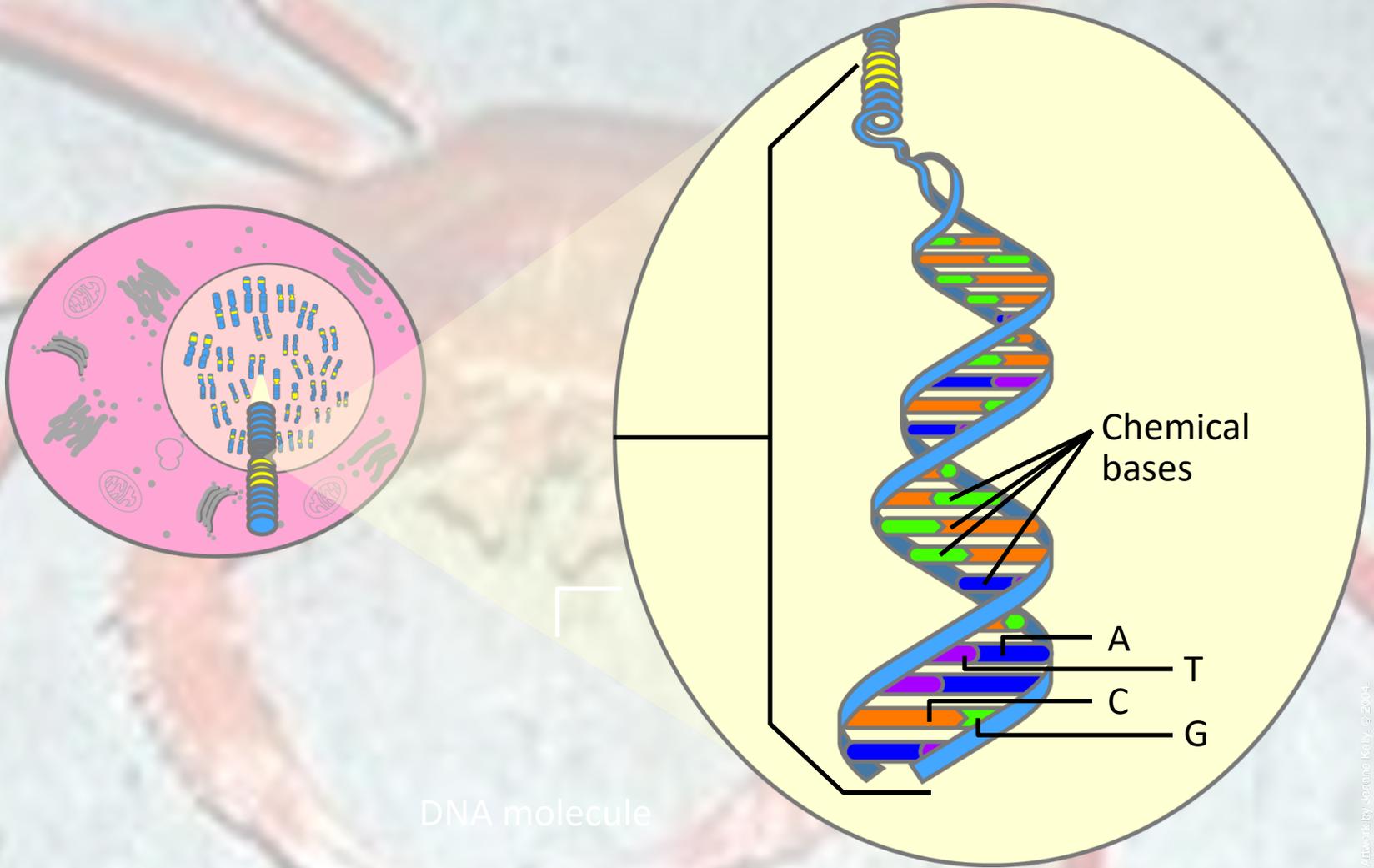
# Oncogenes

- Oncogenes are genes whose PRESENCE in certain forms and/or overactivity can stimulate the development of cancer.
- When oncogenes arise in normal cells, they can contribute to the development of cancer by instructing cells to make proteins that stimulate excessive cell growth and division.

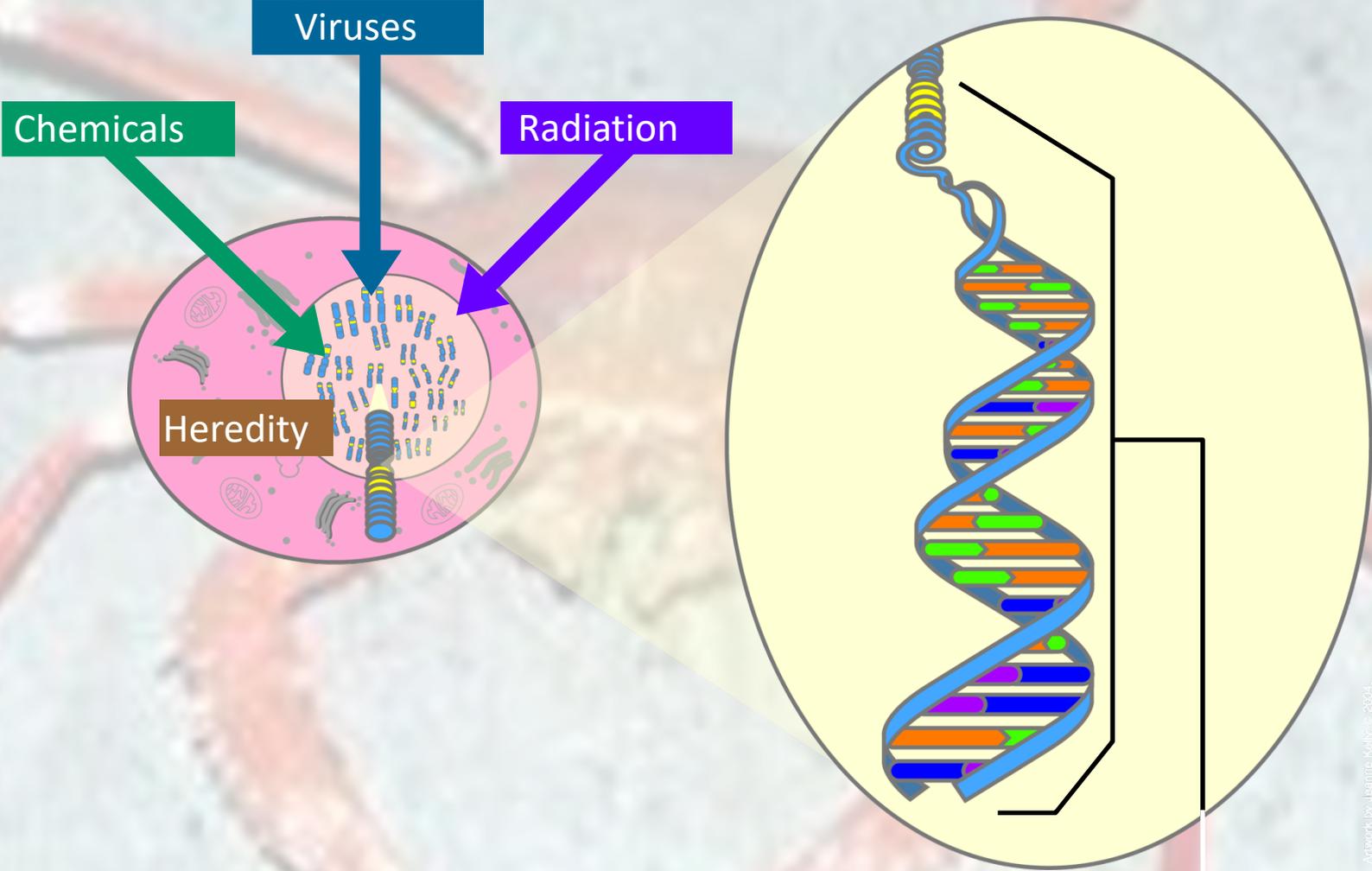
# Tumor Suppressor Genes

- Tumor suppressor genes are normal genes whose ABSENCE can lead to cancer.
- In other words, if a pair of tumor suppressor genes are either lost from a cell or inactivated by mutation, their functional absence might allow cancer to develop.

# DNA Structure



# Genes and Cancer



Chromosomes are DNA molecules

Artwork by Leanne Kelly © 2004

# DNA Mutation

DNA



Normal gene



Single base change



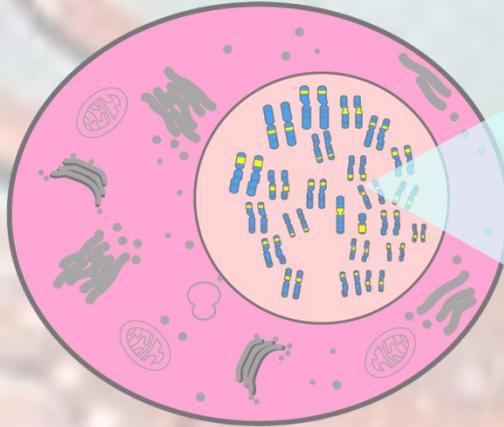
Additions



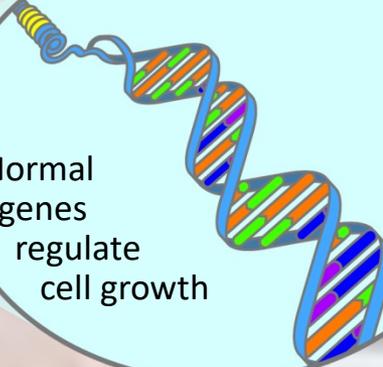
Deletions

# Oncogenes

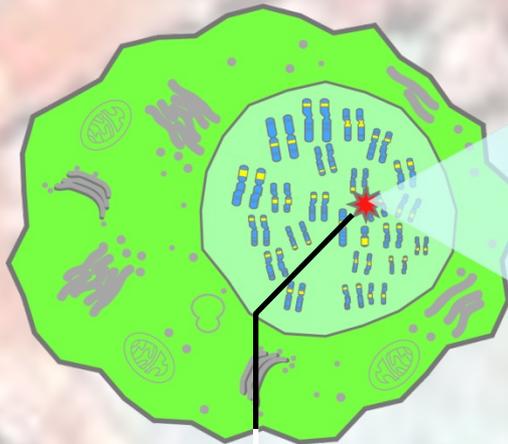
Normal cell



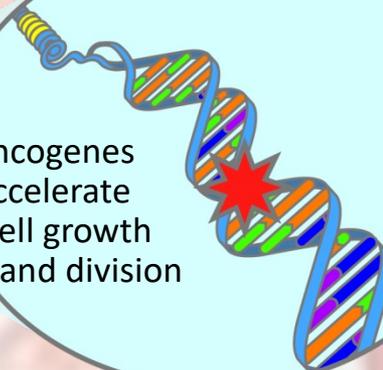
Normal genes regulate cell growth



Cancer cell



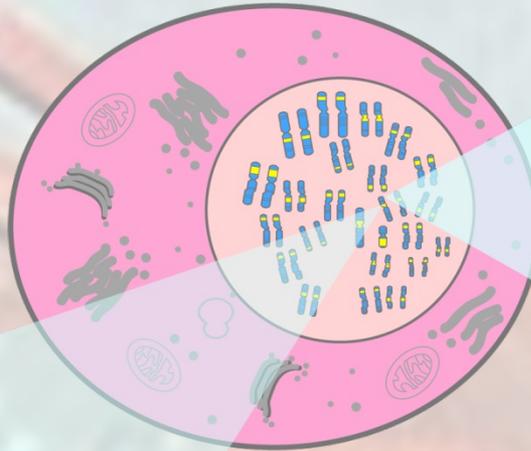
Oncogenes accelerate cell growth and division



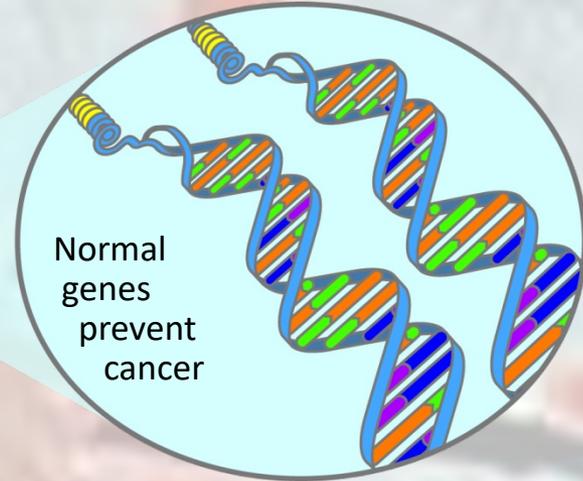
Mutated/damaged oncogene

# Tumor Suppressor Genes

Normal cell

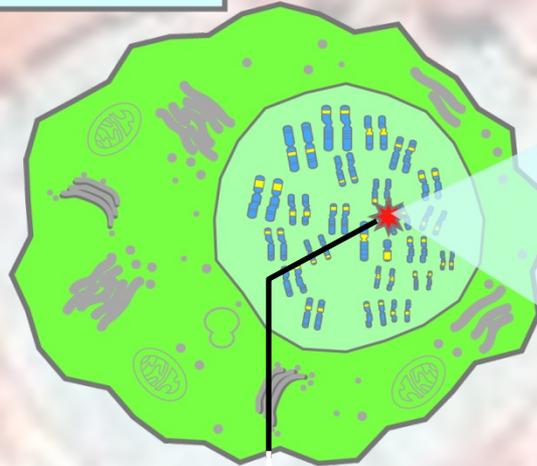


Normal genes prevent cancer

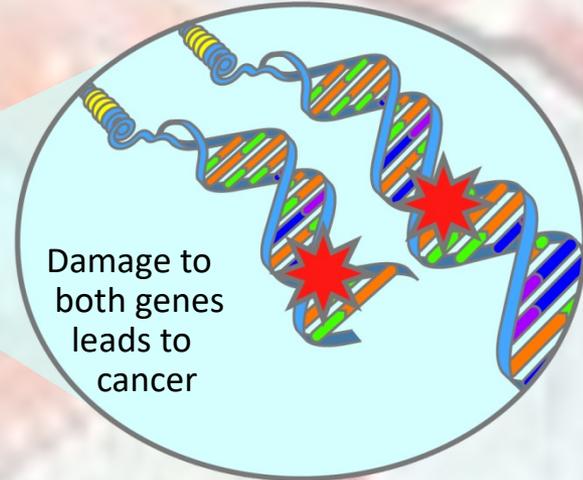


Remove or inactivate tumor suppressor genes

Cancer cell

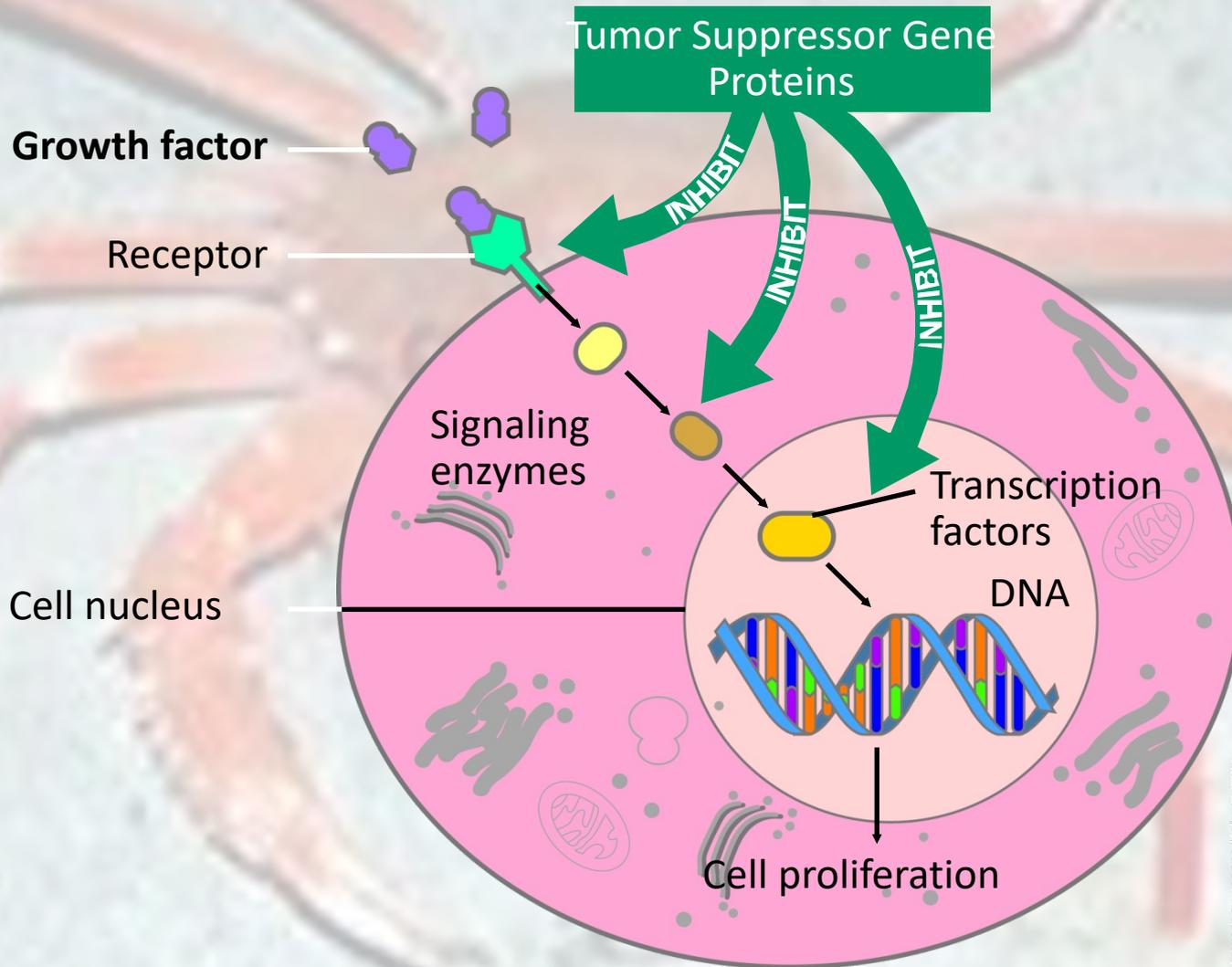


Damage to both genes leads to cancer



Mutated/inactivated tumor suppressor genes

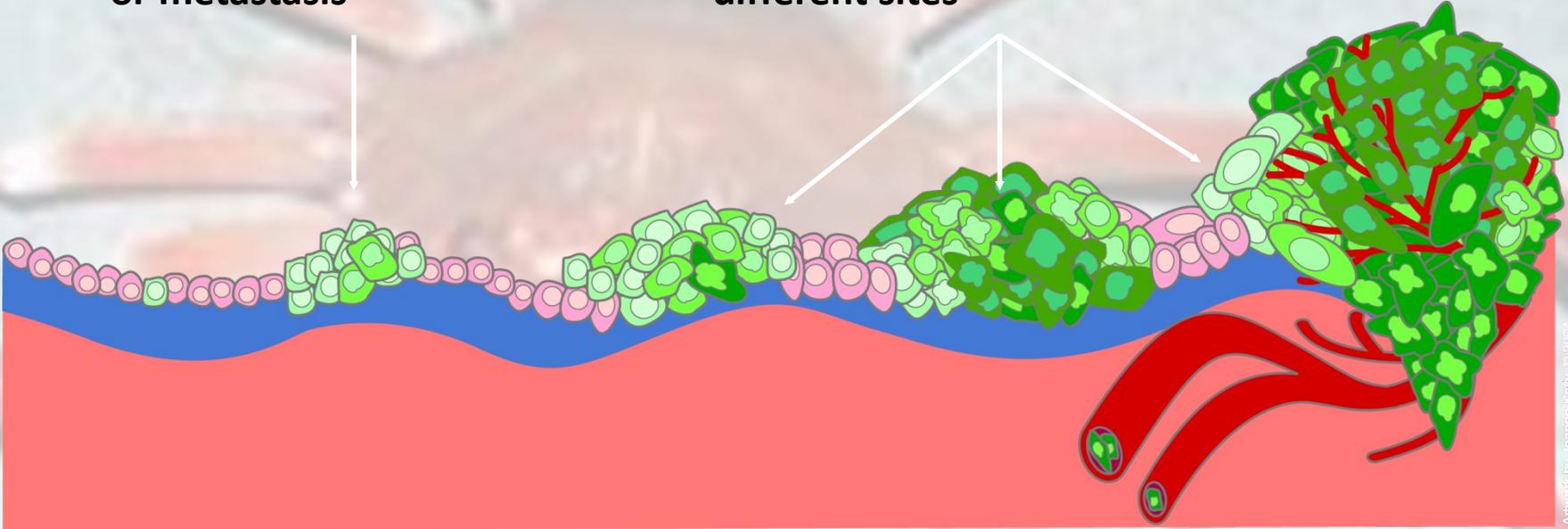
# Tumor Suppressor Genes Act Like a Brake Pedal



# Cancer Tends to Involve Multiple Mutations

Benign tumor cells grow only locally and cannot spread by invasion or metastasis

Malignant cells invade neighboring tissues, enter blood vessels, and metastasize to different sites



Time

Mutation inactivates suppressor gene

Cells proliferate

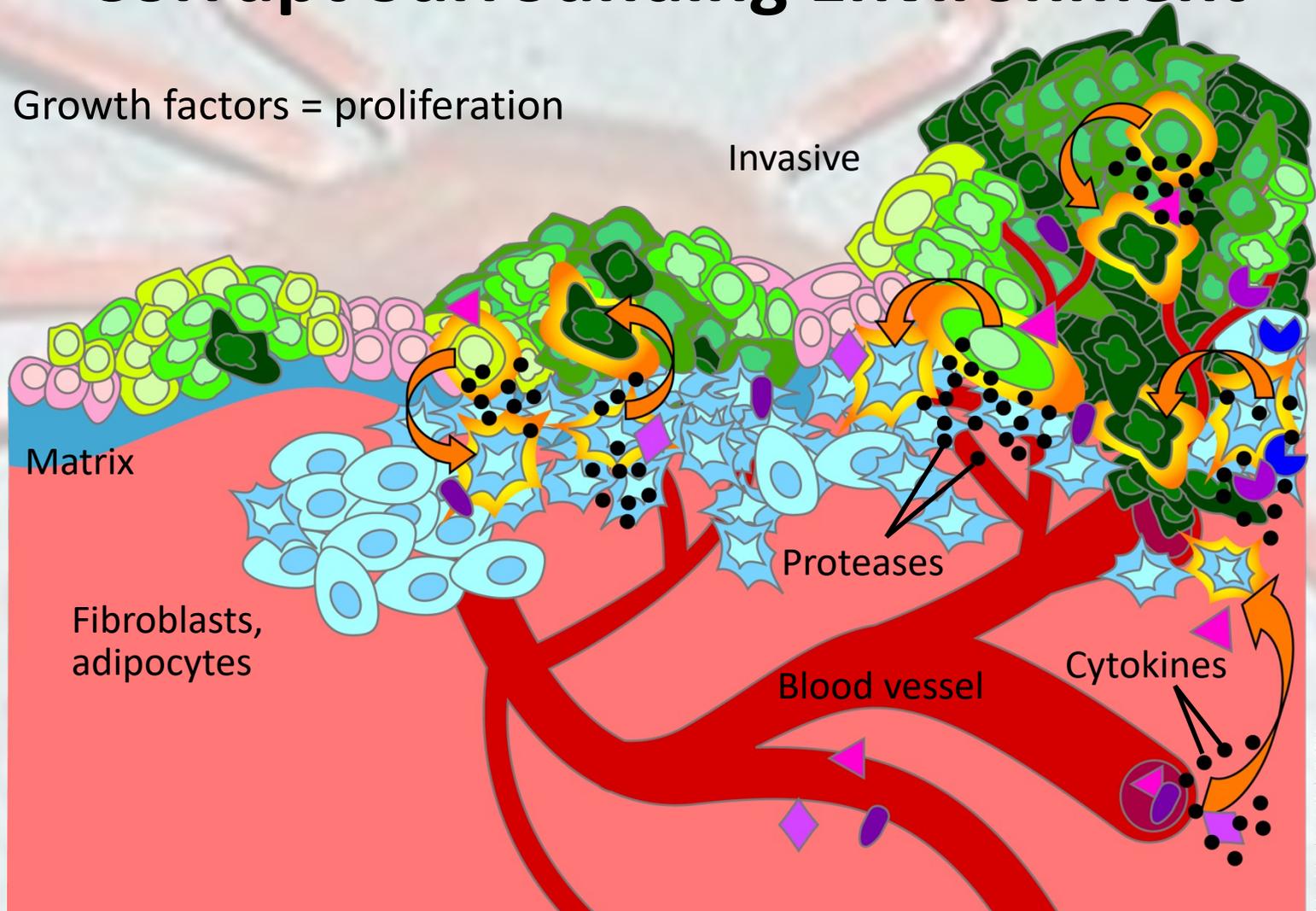
Mutations inactivate DNA repair genes

Proto-oncogenes mutate to oncogenes

More mutations, more genetic instability, metastatic disease

# Cancer Tends to Corrupt Surrounding Environment

Growth factors = proliferation



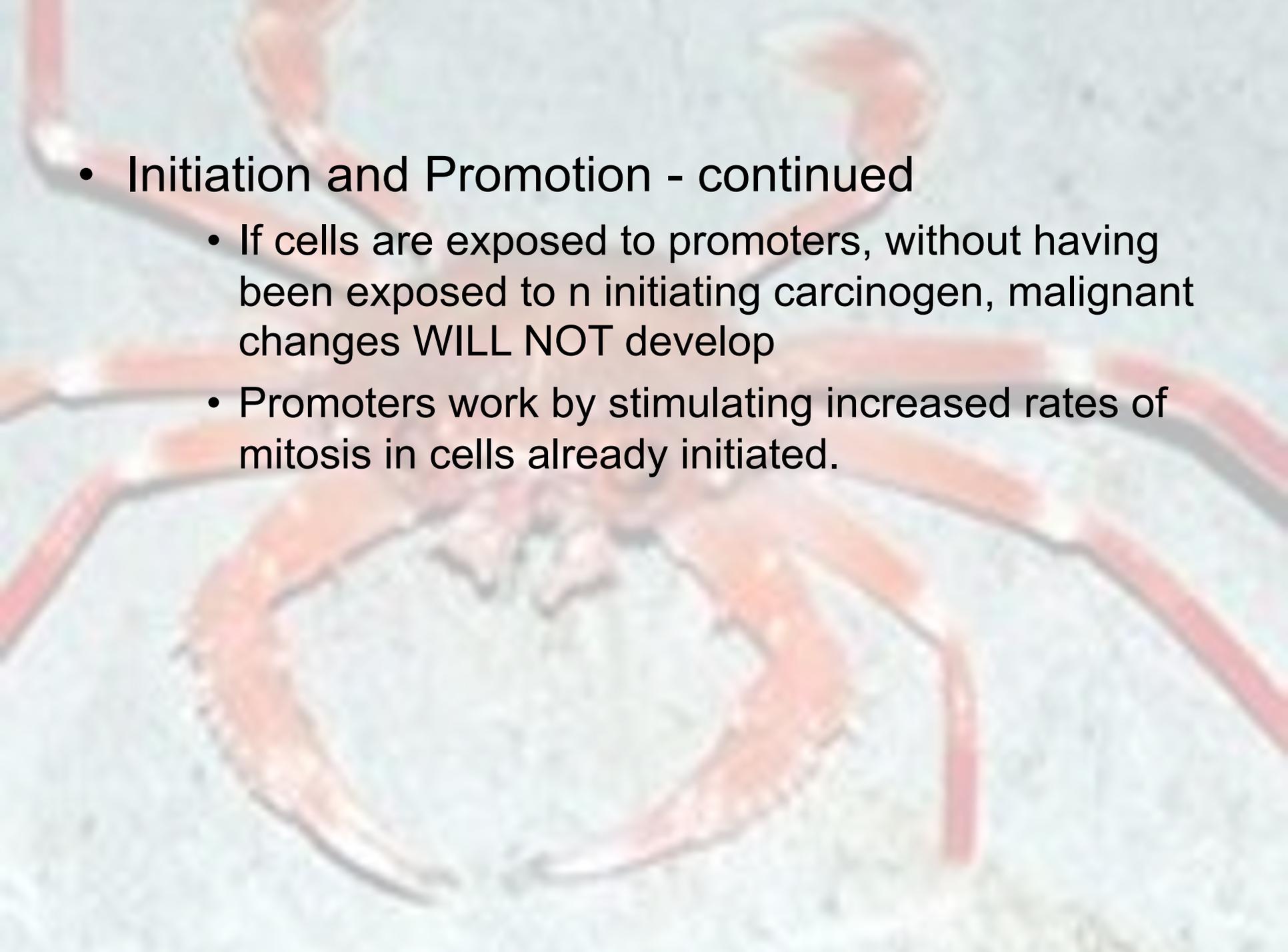
Cytokines, proteases = migration & invasion

- **Chemical carcinogens**

- Most works by altering the chemical composition of the DNA, which causes a DNA mutation
- Direct carcinogen – will always cause cancer as soon as the body is exposed to the carcinogen
  - Example – dioxins, benzenes
- Indirect carcinogen – a chemical that becomes a carcinogen only after it has been processed metabolically by the body.

- Tobacco smoke as a carcinogen
  - Smoking can cause cancer in the tissues it comes in contact with
  - 1 to 14 cigarettes per day = 8x greater risk of dying from lung cancer
  - 25 cigarettes per day = 25x greater risk
  - Systemic absorption – carcinogens from blood can get into blood and circulate
    - This is why they are more prone to pancreatic cancer
    - Kidneys filtering out the toxins can settle carcinogens in the bladder

- Initiation and Promotion
  - Most cancers need to be initiated and then promoted
  - Exposure to some carcinogens results in a rapid genetic mutation causing cancer initiation
  - These chemicals are called initiating carcinogens
    - This alone does not cause malignant changes
    - The initiated cells only become malignant if they are subsequently exposed to a promoting carcinogen
    - This will act on changes already initiated, leading to the development of cancer
    - The “potential cancer” from the initiation can be 10-40 years in the past

- 
- Initiation and Promotion - continued
    - If cells are exposed to promoters, without having been exposed to an initiating carcinogen, malignant changes WILL NOT develop
    - Promoters work by stimulating increased rates of mitosis in cells already initiated.

# Initiation and Promotion - continued

- Some tumors only emerge after continued ongoing exposure to promoters
  - Example – if a person stops smoking, they will no longer be exposed to the promoters in the smoke and the chances of developing cancer declines
- A promoting carcinogen can be exposed many times over the years only increases the chance of cancer
  - Example – peptic juice from GERD can go into the esophagus and cause esophageal metaplasia
  - Several prior infections in an area weakens the cells and tissues

# Free Radicals

- Highly reactive molecules that are generated by the metabolic processes of cells.
- The more highly the metabolism of the cell, the higher the amount of free radicals.
- Free radicals have the potential to oxidize other molecules because they are unstable waste product chemicals.
- Free radicals can attach to DNA molecules, which oxidizes the DNA and creates a mutation.
  - IE – free radicals can cause mutation and some mutations can give rise to cancer.

# Ionizing Radiation

- The radiation can physically change the DNA molecule which causes a mutation.
- The other thing that radiation does is that it passes through the cells, it increases the free radicals of the cells.
- UV radiation does not go through the body, but it does go into the skin.
- Radiation damage is cumulative over a lifetime.
- Possible outcomes of DNA damage

# Oncogenic Viruses

## Viruses that can cause cancer

- Hepatitis B or C
  - Causes enough change that a person is more pre-disposed to getting liver cancer (hepatocellular carcinoma)
  - The chronic inflammatory process sets this up
- HPV – Human Papilloma Virus
  - Can cause 90% of cervical cancers
  - The vaccine is only effective of the 2-3 most common strains, even though over 70 have been indentified
- Bacteria (*H. pylori*) can also cause ulcers and they are more prone to develop gastric cancer or duodenal cancer

# Cancer and Immunity

- Some cancers, such as lymphoma, are more common when immunocompromised
- Cancer cells have similar antigens as normal cells
- This means the immune system is often unable to identify the cancer cell as being different from a normal body cell.

# Cancer and Hormones

- Some hormones can stimulate some tissues as promoters.
  - Hormones increase cell activity which increases mitosis which increases the chance for a mistake to occur.
  - Testosterone seems to promote testicular and prostate cancer
  - Estrogen seems to promote breast cancer
  - Also consider xenoestrogens

# Cancer and Age

- Most cancers are more common with increasing age.
  - Especially esophagus, stomach, rectum, prostate, pancreas
  - Exceptions
    - Lymphocytic leukemia in young
    - Testicular cancer in young 20-30 year olds

# Cancer and Genetics

- Certain cancers have a clear genetic link
- Retinoblastoma is autosomal dominant
- BRCA-1 and BRCA-2 genes
  - 80% more likely to develop breast cancer in their lifetime
  - 60% more likely to develop ovarian cancer

# Cancer Prevention

- No tobacco
- Limit alcohol intake
- Diet
- Antioxidants to neutralize free radicals
- Prevent obesity
- Be physically active
- Avoid UV radiation
- Avoid carcinogens
- Vaccination
- Eradicate *Helicobacter pylori*
- Treat GERD
- Promote immune function

# SunSmart Code

- **S**tay in the shade from 11-3
- **M**ake sure you never burn
- **A**lways cover with a hat, shirt and sunglasses
- **R**emember to take extra care with children
- **T**hen use lots of SPF 15 or higher sunscreen